REENSBORO Parks & Recreation

NEWS RELEASE

Winner of the 2002 National Gold Medal Award

1001 Fourth Street Greensboro, NC 27405 www.greensboro-nc.gov/leisure

DATE OF RELEASE: March 21, 2005

PROGRAM CONTACT: Jason Teaster, Assistant Trails & Greenways Director

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NAME OF PROGRAM: 8th Annual National Trails Day

DATE: Saturday, June 4th, 2005

TIME: 7:30 a.m. - 3:00 p.m.

FEE: Free of Charge!

LOCATION: Bur-Mil Park, Wildlife Education Center

ADDRESS: 5834 Bur-Mil Club Road, Greensboro, NC

DESCRIPTION: On Saturday, June 4th, 2005, the Greensboro Parks & Recreation's Trails &

Greenways division will host the 8th Annual National Trails Day Hike & Bike event at Bur-Mil Park. The event will offer participants opportunities to experience Greensboro's trails system. Hikers can participate in a guided hike around Lake Brandt led by the Piedmont Hiking and Outing Club, or join the Greenway Walk/Run connecting Country Park to Bur-Mil Park sponsored by Off'N'Running. In addition, a short interpretive hike, led by a park naturalist, will be fun and

educational for children of all ages.

Bike enthusiasts can join a ride led by the Greensboro Fat Tire Society. A bike maintenance seminar will be taught by experts from Paceline Bicycles. Following the Hike & Bike events, festivities continue with the Trail Fair at Bur-Mil Park, complete with displays by local outdoor retailers and clubs, refreshments, live music by the Hogan's Creek Band, raffle, children's activities, geocaching, and the 2nd annual Camp Stove Cook Off. After the Trails Fair, participants can join the Sierra Club at the Osprey Trail for some routine trail maintenance. The National Trails Day

Hike & Bike event is free of charge!

For more information or to register, contact Jason Teaster at (336) 373-3816.